

# GOOD THINGS TO KNOW

*A Decade of News You Can Use!*

**Terese Miller, ACE Gold Certified Instructor, ACSM & IDEA Member 310.859.9908**

[terese.miller@sbcglobal.net](mailto:terese.miller@sbcglobal.net) Website: [Taking Care of Fitness](http://TakingCareofFitness.com) © Terese Miller 2014

## PROTECT YOURSELF AGAINST COLDS & FLU

Here we go again, rhinovirus rearing its ugly head with the flu right behind waiting to pounce. Three weeks ago I got hit with an upper respiratory virus that I've got no one to blame for contracting but myself. See, I got lazy with hand washing between appointments and classes, dashing and not even using the 60% alcohol hand sanitizer I have both in my briefcase and in my car. AND I'm sure during one of those dashes, I scratched my nose or rubbed my eyes, allowing that virus entry in the best possible way. Feeling crummy, cranky, mad at myself for getting sick, I did the right thing, cancelled clients, classes, stayed home, pumped fluids, got bored and instead of resting, cleaned closets, vacuumed, dusted, wasted time on social media, procrastinated writing this Good Things To Know & Eat issue and was generally miserable.

October 2014 *Prevention Magazine* concurs with hand washing being numero uno to stave off germs here are a few more recommendations:

“**BYOP**” - bring your own pen EVERYWHERE! The one at the grocery store checkout always harbors viruses and bacteria.”

“**Flu shot season is NOW!** Ask your doc for the pneumococcal vaccine too. The bug it protects against is one of the most common causes of sinusitis, bronchitis and pneumonia which can follow a viral infection like a cold.”

“**Humidifier**” Viruses dislike tropical. Deprive the flu of the dry air and the dry nasal passages it loves.”

“**Probiotics** to bolster your immunity. Populate your gut with these good bugs (Lactobacillus rhamnosus LGG and Bifidobacterium animalis ssp. Lactis BB-12) may modestly protect against colds and flu and could lessen symptoms if you do end up getting sick.”

“**Tee totaling**, well almost. More than a glass or two of alcohol a day can suppress a reflex that protects your airway when you swallow. When the reflex is blunted, particles from your mouth can get into the airway along with the germs they carry. Booze also expands blood vessels, making congestion worse and increasing the risk of secondary infection.”

## MENTAL GYM BAG MOVE OF THE MONTH: MORE THAN A CALF STRETCH



**Photo © Mildred Simpson 2014**  
I've said it before and I'll say it again right here, right now, if you did just one stretch every night before bed, this is “it”, the “one”.

Why? Definitely because I said so but more importantly because the calf muscles work hard all day long not only getting you where you want to go but enter the heart-shaped [soleus muscle](#), located nearby, therefore with good reason referred to as the other heart muscle, helping to pump blood back to your heart and lungs to be re-oxygenated. And then there's the Achilles tendon vulnerable to becoming tight, inflexible to negatively affect your balance and gait.

**READY:** Commandeer wall space. Pretend you're wearing skis. Place forearms on wall. Bring right foot forward, bend right knee so it is aligned with right ankle. Move left foot back, keeping heel in contact with floor. If this means shortening stance, do so.

**SET:** Double check that alignment hasn't drifted – left foot is still in place. If you enlarge my pic, you'll see that this is exactly happened to me as per the line on the floor. My left heel needs to move about a quarter inch away from the midline of the body.

**GO:** Still in position, slightly bend left knee, pushing weight into heel then tuck your tailbone “under”. Hold and breathe for 10-seconds or more. Stretch should be felt predominantly in the left posterior lower leg, a bit in the anterior and the bonus from tucking the tailbone under – in the muscles at the top of the upper left thigh where the leg and trunk meet. Repeat with left leg forward and right leg behind.